



## **SUNADA**

***MUSIC, MUSIC THERAPY & MORE...***

***India's first ever Music & Music Therapy  
Magazine***

***JUNE, 2019***



### ***From the Editor's Desk***

This month we are concluding the article on Raga Shankarabharanam. We will be covering other Ragas in the future and would welcome contributions from readers and experts who can throw light on the efficacy of these Ragas as therapy. Happy reading....

KS Vasantha Lakshmi,

Founder & Editor,

[www.sunadavinodini.com](http://www.sunadavinodini.com)

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**NECTAR TO THE MIND**  
**CHITTABODHAMRUTAM**

By

Late Bhavaraju Bapiraju

This book of poems written in chaste Telugu has been liked by the educated and erudite of Andhra Pradesh. Not only is the author my grandfather, but he also served in the British Government before India got independence. This is just a very humble attempt to translate this great work so that it reaches a larger audience.

Translated by Kalipatnam Sita Vasantha Lakshmi,  
(Nee Bhavaraju)

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***Those who worship the lord with deep devotion***  
***Those who sing in praise of the lord with a clean mind***  
***Those who pursue the lady of salvation by merely***  
***Uttering the name of Rama, oh heart! Worship Him!***

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# RAGA- SHANKARABHARANAM

A Versatile and Universal Raga

With possibilities of Global Music Therapy Applications

By

“Surmani” KS Vasantha Lakshmi,

MA (Eng.Lit), Music Therapist & Transcendental Meditation Expert.

## Part 2

### 7 Steps to reach your 7 Chakras by using Shankarabharanam

All the seven major notes together constitute Raga Shankarabharanam. Understand that if you are opening your chakras, there is no need to try to make over-active chakras less active.

1. Open the Root Chakra (red) Mooladhara. ... Root note : 256 Hz
2. Open the Sacral Chakra (Orange) Swadishtana. ...Root Note 288 Hz (Additional F Sharp).
3. Open the Navel Chakra (yellow) Manipura. ... Root Note 320 Hz (Shankarabharanam may not be suited for Solar Plexus Chakra)
4. Open the Heart Chakra (green) Anahata. ...Root Note 341 Hz (Shankarabharanam may not be suited for Solar Plexus Chakra)
5. Open the Throat Chakra (light blue)/ Vishuddha . ...Root Note 384 Hz (Shankarabharanam may not be suited for Solar Plexus Chakra)
6. Open the Third Eye Chakra (Indigo) Ajna .....Root Note 426 Hz  
Shankarabharanam may not be suited for Solar Plexus Chakra
7. Crown Chakra Sahasrara

It is however, interesting to see that all the Frequencies suggested as the root note have a common note from Raga Shankaabharanam.

The basic style of singing this is mostly with the appropriate movement or phrases between "Gandhara (ME), Madhaya (FA) and Panchama (SO)" which works and brings very good positive effect on lungs, stomach and heart energizing these areas and at the same time the raga is sung from "Sadja" but with a very deep stress on "Rishabha" viz., "s-R-GmP...(DO RE ME FA SO)" gives a lot of stress for "abdominal area of the body" whereby it paves the way for penetrating the (Root) Mooladhara.



The Yogic Chakras

Another important feature of this raga is also that on the higher octave of "NSR....SN" (both are stressed) and the movement here gives lot of energy to "Sahasrara chakra" (Crown) and the brain. According to the Capacity and mood of the singer one can go comfortably up to the highest in the upper octave "panchama (SO) " and/or up to higher octave "nishadam" (TI) which gives complete alertness to the mind.

It can thus be seen that Shankarabharanam can work well on abdomen, stomach, heart and brain very clearly and effectively. Further, it gives lot of energy to singers and listeners. Shankarabharanam may however, not be suited for Solar Plexus Chakra. What is being stressed here is that it benefits the singer as well as the listener. The positive effect is very definite if one sings/plays instrument with appropriate level (not to overdo or less use of vibrato notes) with appropriate technical knowledge of the raga. Besides this, the appropriate use of notes, the phrases of will bring great effect on nervous system. This raga is extremely beneficial to the central nervous system.

Here are some beautiful examples of compositions in this Raga:

1.



Johannes Brahms -  
Lullaby and Goodnigh

2. Courtesy: Youtube

Indian Classical Instruments Playing Mozart: Titan Watches

3. Courtesy: Youtube

KS Vasantha Lakshmi - Indian Raga Therapy - Shankarabharanam

4. "Do a deer a female deer" – Sound of Music

As can be seen the Raga Shankarabharanam is a Mode with immense possibilities for use in Therapeutic purposes. The note frequencies awaken and activate the lower and throat upwards right through to the brain making it extremely suitable for its use as therapy. The only requirement seems to be that the therapist has to know and understand the nuances and stresses of the various notes at the appropriate time so that most benefit can accrue to the listener. When sung slowly, it is soulful and soothing and when the notes are sung in quick succession it can be lively or could even become a little tough to stomach. Here, the therapist plays a very significant role in shaping this Raga to suit the patient and has to be very careful. That said, the Raga stands out to be most versatile and universal as far its application in Music Therapy goes.

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## THE MAGIC OF MUSIC! Some thoughts!

Music indeed can do wonders to the mind and its well being. In one of the earlier editions of Sunada, I have written about how to listen to music. One needs to close one's eyes to listen to music. In fact, one automatically closes eyes while listening to his/her favourite music. In order to understand this need to concentrate, we have to know the elements that constitute music.

There is music with and without rhythms. There is music with and without lyrics. There is just rhythm patterns which very well developed in the Indian Music. There are five types of music. Let us first analyse music with rhythms.

While listening to music with rhythm or time, the mind tends to get into the same pace as the rhythms of the music. Unknowingly, the entire body sometimes externally and a lot of other times internally, swings to the rhythm of the song. This kind of listening involves understanding and responding to the punctuation and pauses of the rhythms.



When we listen to music without rhythms, the mind expands and gets into a laid out easy mode of existence. The heart beat finds its own rhythm and the body relaxes into a state of no movement and a typical kind of inertia. Nothing is expected of the body and mind, no concentration no movement resulting in a state of meditative non-action. This is a type of Nirvana and a unity with just a sense of rhyme and no rhythm of any sorts. This can be experienced while listening to Raga Alapana or ad lib. Perhaps this is the state of mind that Lord Krishna's mesmeric, musical and magical flute drove humans as well as animals into a stupor. This actually has no proof except as described in the classics.

To be continued...

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## Events, May, 2019





Receiving the Top Grade in Vocals from  
Smt. Sailaja Suman, Station Director,  
AIR, New Delhi



### *WHAT YOU THINK....*

The concept of 'Sunada', an exclusive journal on music is really interesting. To send an article, what kind of themes may be chosen?

Ramakrishna Surampudi

Andhra Pradesh

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I am so very happy from the core of my heart towards this initiative of yours. Being a small student of music myself, I earned my PhD. In Music Therapy but strongly feel there is still a vast scope of its awareness in India. I am also trying my bit to connect all with this beautiful and Devine gift from our heritage, Indian Classical Music through piano and will be happy to collaborate with genuine and wonderful souls like yourself. Just let me know how.

Dr. Aman Bathla, Gurgaon,

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**For Online and Class room Lessons, Music Therapy & Standards for Music Therapy Practitioners (SMTP-INDIA)**

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Read earlier editions of Sunada on: [www.sunadavinodini.com](http://www.sunadavinodini.com).  
Articles not exceeding 500 words along with a passport size photograph can be sent to: [singvasantha@gmail.com](mailto:singvasantha@gmail.com).

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